



HOW YA HOLDIN' UP?

We're half way through the Regional Rumble step challenge and what a match-up it is! With more than 7,200 Kentucky Employees' Health Plan (KEHP) members weaving and dancing for the top spot, every combination of steps will count!

You've logged nearly 380 million steps so far! As of Wednesday afternoon, the Purple Team is leading, with an average of 6,325 steps! Who's got what it takes to go the distance? We'll soon find out!

Reminders

- Follow the match-up on the challenge "leaderboard" at Go365.com or on the Go365 mobile app.
- Be sure to do a final upload of your steps by October 2.
- Tell us how the step challenges encourage you to be healthier. **[Submit your story](#) by midnight Sept. 22 for a shot at an additional 1,000 Bucks.**

Tips

Try something new to get those extra steps.

- Find a walking trail or park in your community that you've been meaning to visit.
- Take the dog for a walk or volunteer to walk a dog at the humane society.
- Take a self-guided tour through a historic area.
- Visit a museum, mall, or even a flea market!

You could be a contender for more than 7,000 Go365 Bucks!

Visit LivingWell.ky.gov to find a detailed map, see a chart of the prizes available, and more.

Rumble Regions:



Questions? Call Go365 at 855.478.1623

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Questions?
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